



Lend your voice to suicide prevention in the Kempsey community



Many people within our communities have a lived experience of suicide - be that through having experienced suicidal thoughts, survived a suicide attempt, cared for someone through suicidal crisis, or being bereaved through suicide. Your voice, your insight and wisdom are critically important to enrich the work of Kempsey Community Suicide Prevention.

An opportunity now exists for you to participate in a lived experience designed and delivered capacity building workshop facilitated by Roses in the Ocean.

Who is this workshop for?

'[Our Voice in Action](#)' is a workshop for people with a lived experience of suicide who are ready and keen to explore opportunities to be involved in suicide prevention activities. It is for people who believe they are ready to use their lived experience to help others and inform future direction for suicide prevention.

'[Voices of In-Sight](#)' speakers training is a unique opportunity to reflect on your lived experience and learn how to share your personal story for greatest impact and influence. We will work alongside you to help you discover the components of your lived experience of suicide that can help others and present it in a meaningful way.

When considering this opportunity, please read '[My readiness to be involved in suicide prevention](#)' to support you to make an informed decision.

Our Voice in Action Lived Experience Workshop

Date: Friday 19 & Saturday 20 February 2021

Location: Kempsey, NSW

Voices of In-Sight Lived Experience Workshop

Date: Friday 19 & Saturday 20 March 2021

Location: Kempsey, NSW

To register your interest in attending this workshop, complete the online Expression of Interest form by clicking on the QR Code or scanning it with your smart device camera.

A Roses in the Ocean team member will call you to discuss the workshops in more detail and help you determine your readiness to be involved.

If you require assistance to complete the online form, please call us on **1300 411 461** and we will help.



The Our Voice in Action and Voices of In-Sight Lived Experience workshops are led and facilitated by Roses in the Ocean, supported by Kempsey Community Suicide Prevention for the Kempsey Community Suicide Prevention Action Plan 2019 - 2020.

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